

# *What is Polarity?*

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by Sher Smith, RN, RPP, RCST



The answer to what is Polarity is as elusive as a butterfly. That is because it encompasses so very much. It works with the body, mind, soul and spirit. A session may include bodywork, exercise, nutritional components, communication aspects or looking at thought processes.

Body work can use simple techniques or involved sequences. All are designed to bring the body into a state of relaxation. In a state of relaxation, the body's innate drive for health will use that period of time to reconnect, reunite and re-establish natural rhythms and energy flow. So, it is from within the client that the true movement to health is rekindled. The body has an innate intelligence and desire for Health inherent within it's system.

Understanding the energetics allows a practitioner to be able to assess where a client is at energetically and what type of energy session is going to be the greatest support in their process at the present time. There are protocols for relaxation for all systems of the body, including the nervous system, for structure, for tension release and more.

Each exercise enhances different qualities of energy. This understanding allows a practitioner to suggest exercises that will best support their client, relative to their current energy state. Exercises are selected for each client based on where their body is at when come for a session, as well as on where they decide they want to move to in their Health Building process. The same applies to nutrition. Every food has specific qualities of energy within it's makeup. By knowing about the energetics of food, the practitioner can then share this knowledge with their client so that they can choose to enhance their Health Building process.

There is also an energy component involved with communication and thought processes. This is relative to those between client and practitioner, client and themselves, and client with others in their relationships. Repeating a negative thought over and over is like building a groove in one's mind. Since most of our thinking and automatic responses come from the subconscious such grooves end up directing how we interact with our world. Energy follows thought and precedes a change in structure and form. To create change, one must first change their thinking.

All aspects of Polarity involve the understanding and use of the energy theory. Energy and how it flows, or doesn't, is the key to health. Everything in the universe is here because of energy in some form. Knowing how energy is meant to flow in the body allows a practitioner to assist the client in moving to a higher state of balance in their body and their life.

Dr. Randolph Stone DO, ND, DC founded Polarity. He circled the globe many times in search of the secrets to health. He had the ability to distill everything he looked at, down to core essence: What rebuilds health is energy. Dr. Stone took vast amounts of knowledge that he had acquired from around the globe and, drawing heavily on Ayurvedic and Chinese Medicine principles, he combined it all with his understanding of western medicine and created Polarity Therapy.

The energy of the body is electromagnetic. Dr. Stone, in his book called "Health Building", refers to the secret of the electromagnetic energy as being it's connection with the chemistry of the body. Thus, Polarity Therapy is both an art and a science. The physiology of the body follows the cerebrospinal fluid radiations in their functions as electromagnetic waves, and can be applied in practice with the hands as polarity of positive and negative poles. The science of Polarity Therapy can be proven by applications of electromagnetic energy waves through the right and left hands to opposite parts of any area in it's three dimensions of space.

This then, is a simplistic overview of the art and Science of Polarity Therapy. Each person will have their own personal experience with the work. It is therefore best, in order to understand Polarity Therapy more fully, to have a personal session or to experience the work by taking a course. Polarity Therapy becomes a way of life and a fascinating, never-ending journey into the world of energy and Health Building.

*Sher Smith RN, RPP, RCST has been involved in the Holistic healing field since 1979. Her professional training is varied and comprehensive including studies in Cranial Sacral Therapy with Franklyn Sills and the Upledger Institute and certification in Neuro-Linguistic Programming, Educational Kinesiology, Reiki and Touch for Health. Sher is the founding President of the Ontario Polarity Therapy Association, a member of the American Polarity Therapy Association, a member of the Cranial Therapy Association of the United Kingdom, and is a Director with the RYP School of Polarity Therapy teaching an approved APP & RPP course.*